

LONDON

metro


AN OCEAN RUNS THROUGH IT

LONDON ARTIST STEPHEN WATSON'S PAINTINGS, ON DISPLAY AT THE ARTS PROJECT, CAPTURE HIS PASSION FOR THE SEA AND THE HUMAN IMPACT ON THE WORLD'S OCEANS

PAGE 10

**Police safety alert in effect**

Three sexual assaults along London bike paths may be linked, investigators say

PAGE 3

Jeers and loathing

Heckling and icy stares greet the head of the railway company at the centre of the disaster in Lac-Mégantic as he arrives on the scene

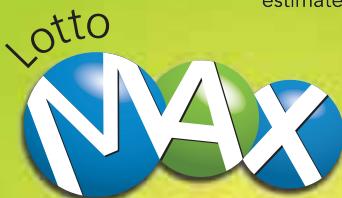
PAGE 6

Mo' problems, mo' money

Halifax's Mo Kenney emerges from dark times to win a SOCAN songwriting prize

PAGE 12

NEWS
WORTH
SHARING.


Friday's Jackpot
\$12 MILLION
estimated


Ready for your close-up? Director Darryl Callcott is looking for funders and stars for his new film. Our thanks to the Phantastica store on Dundas Street, which kitted Callcott out with some props for our photo. MIKE DONACHIE/METRO

Your kind of yurt

People who want sustainable homes are turning to the ancient circular tents of Asian nomads — with a few luxurious extras



PAGE 17

Doctor at large

Dr. Oz is up at the crack of dawn for yoga, arrives for a day's shooting at the TV studio by 7 a.m. and still has time to see patients. This raises a question: Is he human?

PAGE 11



Calling all movie moguls

Indiegogo appeal.

London filmmakers looking for investors, actors to make Forest City feature film in record time



MIKE DONACHIE

mike.donachie@metronews.ca

A team of Forest City filmmakers has a goal of making a movie extra fast — and you can join them with a role onscreen.

The ensemble behind Liminality want to fund a full-length feature in just a month, then film it in eight days.

Directed, produced and co-written by Darryl Callcott, Liminality is a coming-of-age comedy-drama following the lives of nine 25-year-olds.

It's set in London and, if the Indiegogo appeal for \$5,000 to cover production costs is a success, will be made here.

The rewards are great for funders. For \$1,000, you could be named executive producer. Just \$250 buys a

specially written walk-on role.

Callcott said they hope to start filming on Aug. 24 and continue for three more weekends.

"We've got a huge cast of over 20 people who are volunteering their time to work on this movie," he said. "It's a project that, once we get it all finished up, we're going to start showing at some festivals, and hopefully get some distribution to show what we can do in London."

With experience in short films, Callcott knows London is a great place to make a movie.

"First off, it's home. It's a city that I feel is unique," he said. "We have a unique core to our city and it's a nice city to shoot in because it's a lot less hectic than bigger places like Toronto."

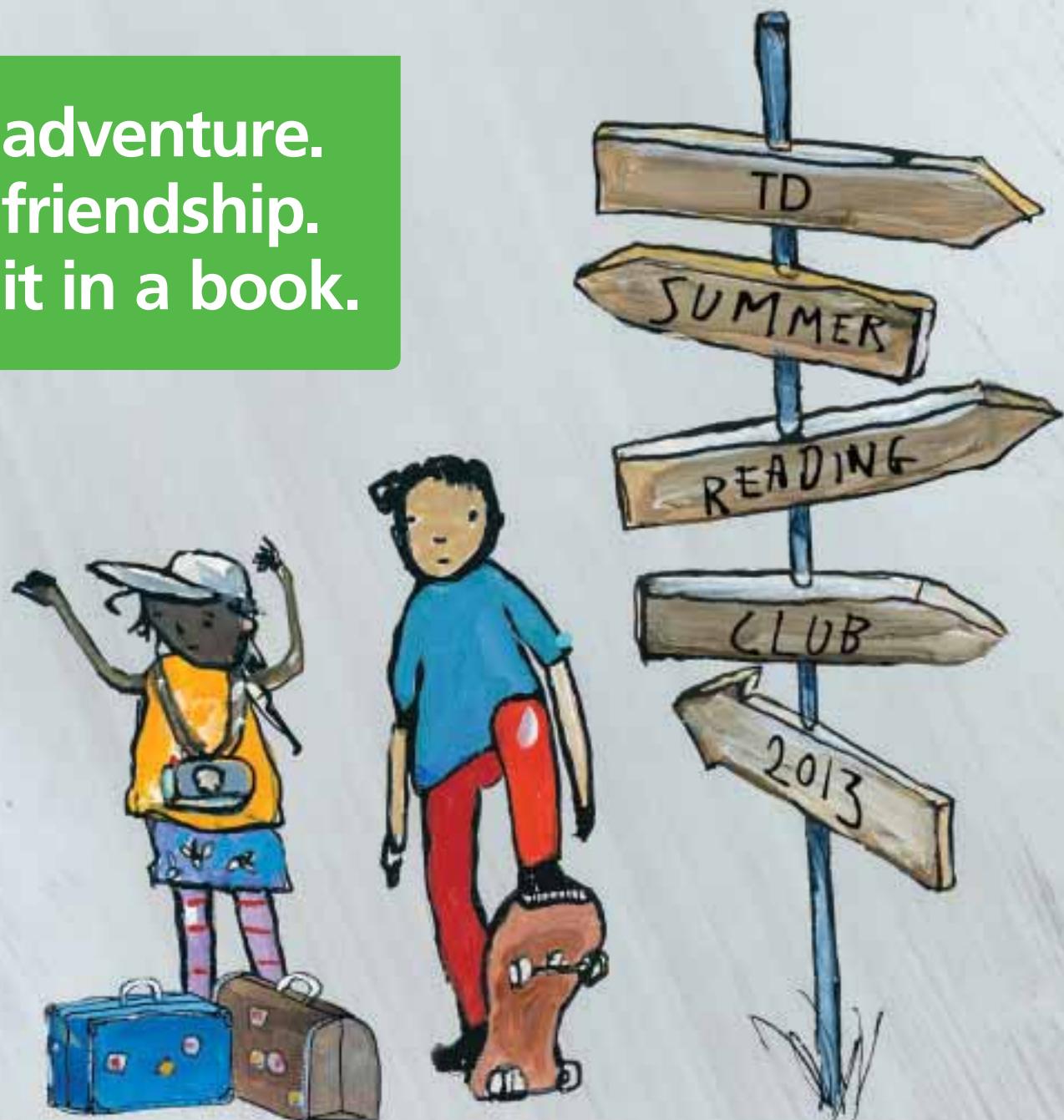
"There's a lot of scenery that's available for shooting. You just have to drive for 10 minutes in any direction and it all changes."

The movie's other writer is Nick J. Scott. The Indiegogo campaign started on Tuesday.

Follow Mike Donachie on Twitter @Mike_Donachie



**Find adventure.
Find friendship.
Find it in a book.**



TD Summer Reading Club

Kids find more than good stories in books. They find imagination, adventure and curiosity. With reading, they can GO on incredible journeys. Register for the free TD Summer Reading Club at your local library. Read more at tdreads.com/summerreading and tdsummerreadingclub.ca

Developed by



In partnership with



Sponsored by



London West

Secondary school teachers back Grits

London West Liberal candidate Ken Coran is being supported by local representatives of the union he used to lead.

The Ontario Secondary School Teachers' Federation's District 11, which covers Thames Valley, has endorsed Coran. The announcement comes as the union representing elementary school teachers threw its support behind Coran's NDP rival, Peggy Sattler.

As the OSSTF provincial president, Coran was a fierce negotiator and harsh critic of the Liberal provincial government, sparking some difficult questions when he became the party's byelection candidate.

The byelection is one of five across the province caused by the resignation of Liberal MPPs. Other candidates are Progressive Conservative Ali Chahbar and the Green Party's Gary Brown. **MIKE DONACHIE/METRO**

Information watchdog

Deleted gas plant emails recovered

Ontario's information commissioner says a number of emails related to two cancelled gas plants have been recovered, even though she was told by the government that they couldn't be found.

Ann Cavoukian says she's "appalled" that she was given incorrect information during her investigation of missing emails, which were supposed to have been handed over to a legislative committee.

Cavoukian says the Ministry of Government Services has accepted responsibility for the mistake and will explain what happened within two weeks.

Energy critic Vic Fedeli says the emails belonged to Craig MacLennan, former chief of staff to then-energy minister Chris Bentley. The former London West MPP resigned in the midst of the gas plant scandal.

MacLennan was singled out by Cavoukian in her scathing report last month.

The commissioner concluded that senior Liberals broke the law by deleting emails related to the two gas plants in Oakville and Mississauga. She also reported that top Liberals in then-premier Dalton McGuinty's office tried to wipe the data completely from computers. **THE CANADIAN PRESS**



Memorial for cyclist killed by train

A memorial pays tribute to William Seeley, a 24-year-old cyclist killed on July 3 at the Colborne Street train crossing south of York Street. Police have said Seeley waited for the westbound CN train to pass, then crossed in front of a train coming in the opposite direction. A 29-year-old woman with Seeley was also hit. She survived and was taken to hospital. **ANGELA MULLINS/METRO**

1
SWEAT

Sex assaults may be linked: Police

Along bike paths.

Police issue safety warning after two new reports surface

 **MIKE DONACHIE**
mike.donachie@metronews.ca

Police are advising people to take caution on city bike paths after three women reported being sexually as-

saulted in the past 30 days.

The same man may have been involved in each of the incidents, police said Wednesday.

"Although we believe it may be the same person, we can't exclude the possibility that it may be more than one," Const. Ken Steeves said.

Police started searching for a suspect Tuesday after a woman reported being sexually assaulted around 5:30 a.m. near a bike path in the area of Trafalgar and Rectory

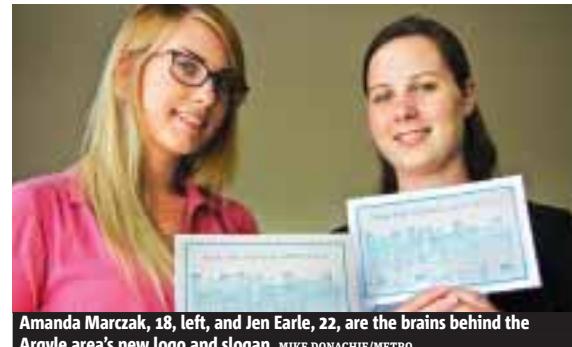
Who to contact

Anyone with any information about recent sexual assaults near a bike path is asked to call London police at 519-661-5670 or Crime Stoppers at 800-222-8477.

came forward, police said.

Descriptions given to police suggest the same suspect may have been involved: black, 35 to 40 years old, about five-foot-five and 150 to 180 pounds. The assaults happened in the same area as the one reported Tuesday, Steeves said.

During the Tuesday assault, police said the woman struggled with her attacker and fought him off before he rode away on a grey mountain bike.



Amanda Marczak, 18, left, and Jen Earle, 22, are the brains behind the Argyle area's new logo and slogan. **MIKE DONACHIE/METRO**

Not square. Students help freshen up Argyle appeal

The Argyle Business Improvement Association has unveiled a new logo bearing the slogan "Park free. Eat well. Shop often."

Argyle residents have Amanda Marczak and Jen Earle to thank for the logo, which will appear on recycling recep-

tacles in the area. The students are working in the business association's office this summer.

Marczak plans to study graphic design at Fanshawe College in the fall. Earle is studying English and sociology at Western University.

MIKE DONACHIE/METRO

Poodle euthanized. 'Reckless disregard' for dog nets man week in jail

A London man who neglected his dog to the point where it had to be euthanized pleaded guilty Tuesday to four counts of animal cruelty stemming from charges laid by London Humane Society investigators.

Daniel Creasey, 61, was handed a seven-day jail term followed by two years of probation.

The guilty plea stems from a search warrant executed by the Humane Society on April 12. After examining the 14-year-old poodle mix called Nikki, a 17-year veteran investigator said it was one of the worst cases of neglect she had seen. Nikki was severely matted over her entire body and contaminated with urine and feces, executive director Judy Foster said.

Later, it was discovered that Nikki was also suffering from leg fractures, severe dental disease, mammary tumours and skin infections. Nearly all of her toenails were overgrown and curled around, penetrat-

ing her paw pads, Foster said.

Due to the severity of the neglect and to prevent continued pain and suffering, a veterinarian felt the most humane course of action was euthanasia.

Investigators had spoken to Creasey before the search warrant and found him to be unco-operative and hostile when he was offered help, Foster said.

"To see such a case of reckless disregard for a pet is beyond disturbing," she said.

During his probation, Creasey is not to own a dog.

A five-year prohibition on owning any cats or dogs was also issued, further identifying that Creasey not have custody, care for or work/volunteer at any animal shelter, animal hospital, veterinarian clinic or pet store.

In addition, he was ordered to pay restitution to the London Humane Society in the amount of \$280.

SCOTT TAYLOR/METRO



Tree topples, house shakes, but everyone is OK

No one was injured on Wednesday when a short but violent storm swept through London, downing a tree on the roof of a house at 23 Bruce St. just before 5 p.m. Lisa Fedorowski, who was home at the time, said she heard a huge bang and the entire house shook. There were reports of localized flooding across the city, including some on residential streets. Traffic lights were also out at several intersections. SCOTT TAYLOR/METRO

Questions linger day after cancer clinic lockdown

Reports of man with rifle. LHSC not talking, details about search for suspect murky



SCOTT TAYLOR

scott.taylor@metronews.ca

London Health Sciences Centre officials were still not speaking on Wednesday, the day after reports of a man carrying a gun put the Victoria Hospital cancer clinic in lockdown.

It was just before 3:55 p.m. on Tuesday when security at the Commissioners Road hospital received a call alerting them that a man, who was pos-

sibly carrying a rifle, was either outside or entering the cancer centre.

Police were called immediately, and about a dozen cruisers and the emergency response unit were dispatched.

The clinic was locked down as police searched for the suspect, and access to all other parts of the hospital was limited. Some patients were spirited out to Voyageur Patient Transfer buses parked in the laneway adjacent to an entrance.

Several people in the hospital at the time said officials didn't send out an alert about what was happening. Others said they saw officers with assault rifles slowly filing down



Police swarmed the cancer clinic and the rest of London Health Sciences Centre's Victoria Hospital campus for hours on Tuesday after security reported a suspicious person possibly carrying a rifle. ANGELA MULLINS/METRO

hallways without explanation.

The lockdown was called off at about 9:45 p.m., and police issued a statement a short time later saying the suspect

had never entered the building. Who he is, if he had a rifle and where he went before police arrived all remained unanswered on Wednesday.

Poverty. Farmers who donate food should be given a tax credit: Tories

Ontario could feed more hungry people and divert much of the local food that's thrown out each year by giving a tax break to farmers who donate to food banks, the Progressive Conservatives say.

Giving farmers a tax credit of 25 per cent of the wholesale price would cost the province an estimated \$750,000 in the first year, said Bob Bailey, Conservative member of the legislature for Sarnia-Lambton.

Many farmers have to destroy produce they can't sell, said Bailey, who has been pushing for the tax change for three years.

"It will fight two problems

Diverting food from landfill

2.25M

Food banks believe they could get about 2.25 million kilograms of the estimated 11 million kilograms of food a year that is going to landfills or plowed back into fields, MPP Bob Bailey said.

in our province: Hunger and waste," he said on Wednesday.

The tax credit is a good idea in principle, but it's more complicated than what the Tories have proposed, NDP agriculture critic John Vanthof said.

THE CANADIAN PRESS

Employment barriers

Hutton House program gets funding boost

Londoners with disabilities will benefit from \$400,000 in federal funding for a program aimed at helping them get jobs.

The money is going to Hutton House, which offers a range of help for adults with learning, physical, mental-health and developmental

disabilities. The agency is receiving \$416,386 for its GPS (goals, preparation, skills) program. The initiative helps people between 15 and 30 years of age who did not complete high school and have barriers to employment.

Those involved in the program improve their skills, receive personalized support and gain work experience. It offers three weeks of workshops plus four weeks of a paid job placement of 24 hours a week.

MIKE DONACHIE/METRO

Investigation

Pedestrian hit in city core: London police

A man was taken to hospital with life-threatening injuries after being hit by a car at about 11 p.m. Tuesday at Wellington and Dundas streets.

Police say a dark blue Dodge Avenger was travelling northbound on Wellington when it ran into

a pedestrian. The collision is under investigation.

Anyone with information is asked to call the London Police Service Traffic Management Unit at 519-661-5680 or Crime Stoppers at 800-222-8477. METRO



Call London police at 519-661-5680 with info.

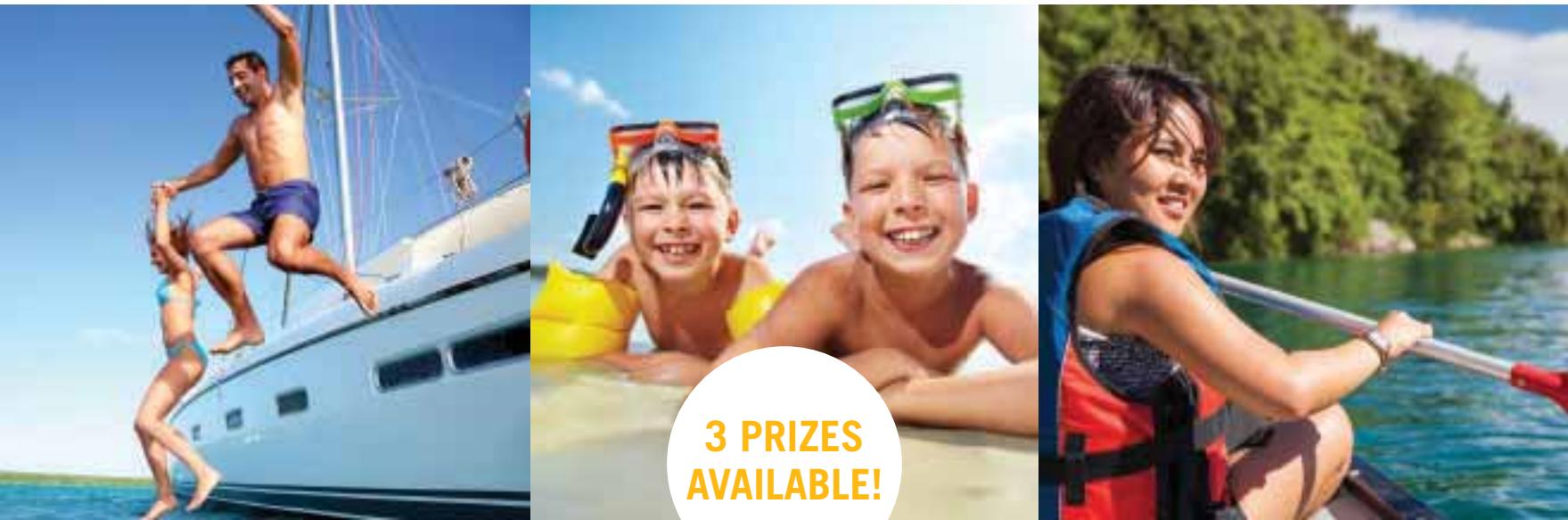
SATURDAY JULY 13 TO FRIDAY AUGUST 9

RECEIVE A CONTEST CARD WHEN YOU SPEND \$10 OR MORE AND YOU COULD

WIN* \$5,000

— TO SPEND TOWARDS —

your dream summer



3 PRIZES
AVAILABLE!



PLUS - GET BONUS ENTRIES WHEN YOU BUY PARTICIPATING PRODUCTS!*

SHOPPERS
DRUG MART 

*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at shoppersdrugmart.ca/summer by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points™, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of \$5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit shoppersdrugmart.ca/summer, or see cashier for details.

CEO judged a ‘murderer’

Lac-Mégantic disaster.
Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, ac-

cusing him of slinking in the shadows to avoid facing a potentially angry crowd.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for the loss of their homes and loved ones.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

Among them was Huot, who shouted a string of swear words and called Burkhardt a murderer.

One onlooker demanded that he visit the site that used to be Lac-Mégantic's downtown.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour work days.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response



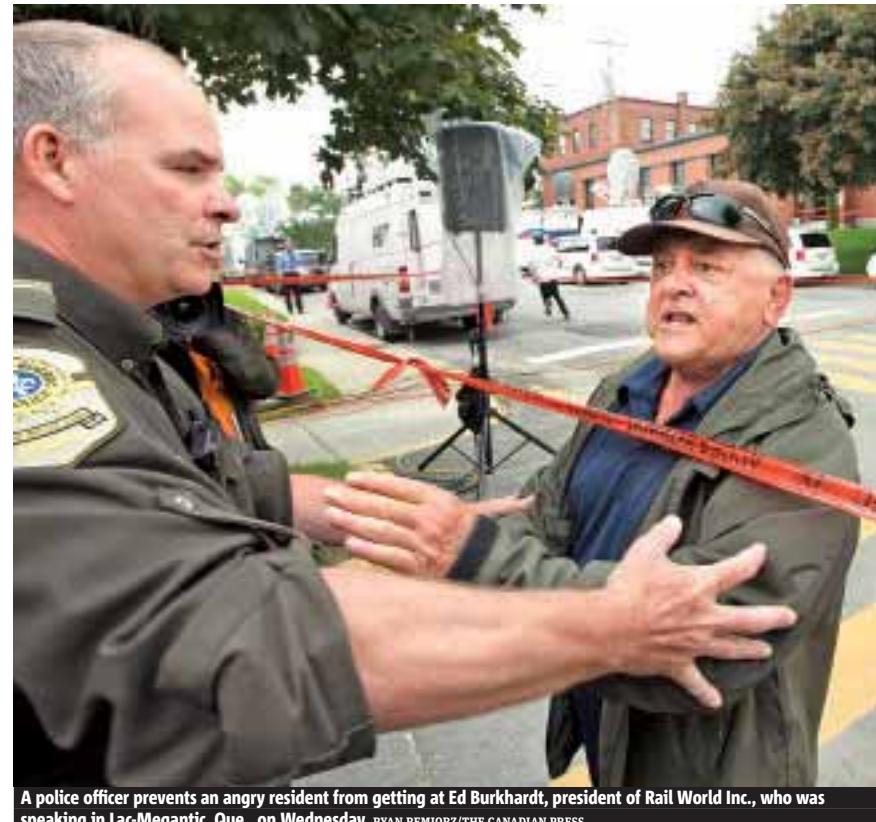
I feel absolutely awful. I am devastated by what's happened.

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll to 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to change his tune and take responsibility for the disaster, saying the hand-brakes might not have been properly applied on the train.
- He promised an energetic response to the crisis, adding the company would partner with the Red Cross, insurers and governments to help fund aid and reconstruction.



A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIORZ/THE CANADIAN PRESS

Lego no go hits man like ton of tiny bricks

A 63-year-old Windsor man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the excited pair was told by staff that they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night,"



John St-Onge with his 2,300-piece "Robie House" Lego set.

CONTRIBUTED/NICOLE ST-ONGE

during which all ages can enter without a child.

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad, he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says. "I've already fronted the travel cost once, two free tickets just won't cut it."

PHOEBE HO/FOR METRO IN TORONTO

Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. THE CANADIAN PRESS

Boston Marathon. Living suspect pleads not guilty

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing.

As victims looked on, Tsarnaev, 19, gave a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and swelling around his left eye and cheek.

Then, after he said, "Not guilty" over and over in a Russian accent, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left.

He faces 30 federal charges

and could get the death penalty if prosecutors choose to pursue it. His older brother, Tamerlan, died following a shootout three days after the bombing.

Prosecutors say Tsarnaev wrote about his motivations for the attack on the inside of the boat where he was captured, including that the U.S. was "killing our innocent civilians."

"I don't like killing innocent people," he allegedly wrote. "(But) I can't stand to see such evil go unpunished.... We Muslims are one body; you hurt one, you hurt us all."

THE ASSOCIATED PRESS



A U.S. Marshals Service van, believed to be carrying Dzhokhar Tsarnaev, arrives for his arraignment Wednesday. JOSH REYNOLDS/THE ASSOCIATED PRESS

Online espionage. Nations are hiring cybermercenaries, says U.K. intelligence report

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies."

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's

Notable omission

- Not covered in the report were allegations published by The Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.

long been concern over the proliferation of private companies that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with long-standing trends relating to the growth of cybercrime and increasing official interest in online espionage.

THE ASSOCIATED PRESS



A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item in a Canadian fast-food restaurant to get a stamp of approval from the Canadian Celiac Association's gluten-free certification program. The macaroon is a \$1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

First iPad version

Google revamps Maps app

Google is unveiling a new version of its popular Maps app, available now for Android phones and tablets and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The app's design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users. THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.08¢ (+0.08¢)

TSX 12,306.93 (+9.84)

OIL \$106.52 US (+\$2.99)

GOLD \$1,247.40 US (+\$1.50)

Natural gas: \$3.67 US (+1¢)
Dow Jones: 15,291.66 (-8.68)



A large, ornate gold trophy cup is the central focus, resting on a pedestal. The cup is engraved with "LCBO BREWMASTERS CUP". To the left of the trophy is a QR code. The background is a yellow gradient with numerous small, stylized beer bubbles. On the right side, there is promotional text for the LCBO Brewmasters Cup.

FOR PEOPLE WHO LIKE WINNING ALMOST AS MUCH AS THEY LIKE BEER.

Vote for your favourite beer at BREWMASTERSCUP.COM

You could win tickets to Toronto's Festival of Beer.

 DISCOVER THE WORLD

Please drink responsibly.
Must be legal drinking age.

EAT YOUR PHOBIA FOR BREAKFAST

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for “fears you have that your friends find hilarious” — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly



HE SAYS
John Mazerolle
metronews.ca

with a spider leg or two flying from your lips as you chortle. And note that the Internet says an “average” person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call “stupid.” Therefore every time you feel a twinge of fear coming on, have a friend or relative say, “Don't be stupid! It's just a snake, stupid. God, you're so stupid” until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a ‘fear ladder,’

where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the ‘sexy phobia,’ many of history’s greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like schoolgirls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that’s OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that’s how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you’re not feeling great, you’re in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you’ll also swallow some spiders.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

DREW MCKEEAN/VISION/THE ASSOCIATED PRESS

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there’s more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

Tyler the Creator:

Odd Future’s Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat



North American tour in three years.
@pearljamofficial

Frank Ocean:

This man has mastered the art of the selfie in the most beautiful, non look-at-me-I’m-awesome way. @Frankocean

Comments

@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it's just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date: the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

ZOOM

Snake in a charity store



QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity

store in Queensland in northeastern Australia.

“Its head was the size of a small dog,” police Sgt. Don Auld said Wednesday. Before they found the python, investigators’ working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

“We thought a person had fallen through the ceiling because the roof panel was cut in half. When they’ve hit the floor, they’ve vomited and then staggered and fallen over. That’s what we thought anyway.”

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

LAST CHANCE TO SAVE

up
to

75% off*

SUMMER SALE



KNOCK OUT STYLE



EXQUISITE PAPER



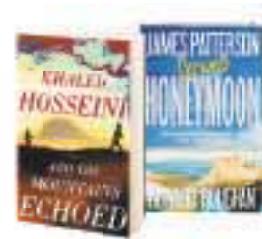
TONS OF TOYS



STUNNING HOME



AHH BABY



A-LIST BOOKS

In-store & online

Indigo

Chapters

indigo.ca

 /chaptersindigo

*Valid on select in-stock merchandise, while quantities last. Not valid on kiosk orders.
Discount percentage, prices and selection may vary between stores and online. Indigo, Chapters and indigo.ca are trade marks of Indigo Books & Music Inc.



Artist Stephen Watson's work will go on display at The Arts Project starting tonight. RENE WATSON

A legacy that will live on

On display. Artist Stephen Watson passed away last year; his underwater paintings raise awareness about our oceans



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

If the oceans die, we die. Artist Stephen Watson is raising awareness through his underwater paintings.

Did you know that ocean plants called phytoplankton

provide 50 to 85 per cent of the Earth's oxygen?

"The oceans are our lungs," is a phrase that artist and marine wildlife activist Stephen Watson repeated throughout his life. Watson died of lung cancer last summer.

Through his art, Watson hoped to raise awareness about our impact on the oceans and how much the Earth is dependent on their health.

His works, along with the art of his friend and colleague Bob Timmons, are now on display at The Arts Project.

Watson's vibrant seascapes depicting underwater life capture the ocean's truly majestic beauty.

"His paintings don't have

a morose appearance or feeling as you might expect," says wife Rene Watson, who is a piano teacher.

But his titles are hard-hitting. His painting Far from Taiji references the mass killing and capture of dolphins for meat and for use at marine parks in Japan.

Artist Bob Timmons, who is showing with Watson, follows a similar approach with titles like The Seal Fur Looks Better on This Baby and Save Our Sharks.

Both artists are members of Sea Shepherd, a non-profit organization advocating for marine wildlife rights (founded by Paul Watson, Stephen's brother).

"We're both activists who fight and paint for the

ocean," says Timmons, Ontario Regional Coordinator for Sea Shepherd. "We met when I got into the movement. We always wanted to put our art together, and this is the first time we are."

Some pressing issues the artists explore include whaling in the Antarctic, ocean acidification, coral reef decline, oil spills, large patches of floating garbage comprised of plastics, shark finning, the seal hunt in Canada and the overfishing of bluefin tuna (an endangered species).

"Know that your choice is everything. When you choose a product you support how it got there. Research and read labels," says Timmons, who was born on Cape Breton Island and grew up in Brant-

ford.

Watson's last painting, The Octopus Garden 2, is being immortalized on a 30,000-square-foot wall downtown. Artfusion's Ryan Mahy is spearheading the project and will be painting 16 hours a day until it is unveiled on Aug. 30, a year to the day that Stephen Watson died.

"When I knew he was dying, I was sad because I knew he had all these wonderful paintings in him and still had more to do, and that his art would stop," his wife said. "But now it's not stopping and it's wonderful."

An opening reception for the exhibition with Watson's work is planned for 6 to 9 p.m. Thursday at The Arts Project (203 Dundas St.).

visit **metronews.ca**

The wonderful world of Oz: This is one dedicated, ultra busy Doctor!

Think you're busy?
Get a load of how the TV host (and still practicing surgeon!) spends his days

MEREDITH ENGEL
Metro World News in New York City

In addition to hosting his Emmy-winning talk show, overseeing a non-profit and readying to launch a magazine, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to six," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I

change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work

After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like five to seven because at seven o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot (and make any) last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal

"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for

15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch

Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings

Dr. Oz's life may sound glamorous, but he still has meetings like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches, preps for upcoming shows

After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "(What) people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help

Always in his bag

Nuts: Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."



at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows

"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else till 10 o'clock at night, I don't find that I'm as rested the following morning." Instead, like a student studying for exams, the doctor readies himself for his next day's shows. "When I get home at

More on Mehmet

What about his other job?

With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital. While there, he does grand rounds, where he trains younger doctors, and also meets with new patients and does surgeries. And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends in the Oz house

"I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decompressing completely with no real worldly concerns, because during the week you're going full speed all the time." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoorsy activities and

night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize (the material)," he says. "I try to understand it."

10:15 p.m.: Lights out

"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up.... The number one biggest mistake we make in America is not sleeping, by far."

movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.

His parenting style

"I've always found that if I make it easy for them to do the right thing, they'll do it. So instead of saying 'Don't eat that candy,' I just don't bring any candy in the house. If they happen to bring candy from a friend, then they should eat it. I'm not gonna confiscate it and throw it away. Let them eat it and then move on."



What's up doc? The man himself in studio during one of his shows. ALL PHOTOS HANDOUTS

A breakup, some booze, 2 crappy jobs and \$5,000

SOCAN song-writing prize. Dark time had amazing silver lining for Mo Kenney, as she beat out music elite

When Halifax's Mo Kenney penned her forlorn acoustic lament Sucker, she was in a bad place.

Merely 19 years old at the time, she was living on her own in Halifax for the first time and working two "crappy" jobs, one at a dollar store and the other whipping together pizzas at Sobeys. Oh, and she was freshly dumped.

"So I was sitting there feeling kind of (bad) about myself and music wasn't really going anywhere either. I was working toward something but I wasn't sure what to do," she recalled in a telephone interview this week. "So I got a little bit drunk in my room and started writing."

The resultant tune helped Kenney find that direction she was searching for — and



Mo Kenney. THE CANADIAN PRESS

on Wednesday heralded some more good fortune.

Kenney and her tune have won the \$5,000 English-language SOCAN Songwriting Prize, awarded by the Society of Composers, Authors and Music Publishers of Canada. Quebec's Keith Kouna won the French award for Batiscan.

By winning, Kenney bested a field that included Montreal's icy electro-pop outfit Purity Ring, stylistically diverse Toronto singer-songwriter Maylee Todd, rootsy Hamilton duo Whitehorse and banjo-

brandishing Toronto native Tamara Lindeman, who performs as the Weather Station.

"I was in really good company, obviously, and I wasn't really expecting to win," Kenney said. "I was really, really pleasantly surprised." Kenney, 23, released her self-titled debut last September, produced by East Coast songwriting stalwart Joel Plaskett. She says he'll produce her next effort as well, a record still in the embryonic stages that she hopes to begin recording in the late fall. THE CANADIAN PRESS

YOU COULD WIN TICKETS TO SEE

From the directors of Saw and Insidious

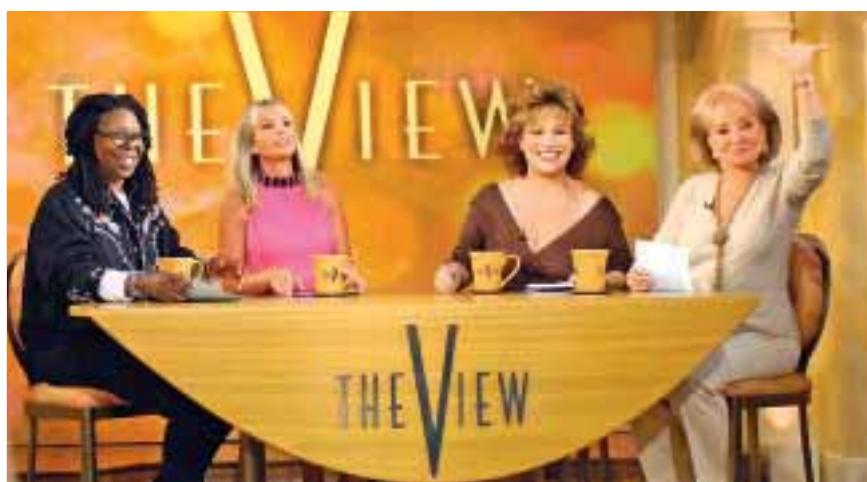
THE CONJURING

July 19

VISIT club metro .com TO ENTER

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT CLUBMETRO.COM

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Twenty (20) Prizes are available to be won, consisting of two tickets to see 'The Conjuring' during its run of engagement. (approximate retail value \$26). Skill testing question required. Contest closes July 14, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com



Hasselbeck, in pink, with her The View co-hosts Joy Behar, Whoopi Goldberg and Barbara Walters. AP PHOTO/ABC, STEVE FENN

Elisabeth's View: exit no Hassel

Moving to Fox and Friends. Despite former Survivor star's clashes with her co-hosts over political matters during her 10 years on the show, she still gets warm send off

popularity as a contestant on Survivor into a job on Barbara Walters' ABC daytime show in 2003. During her decade on the show, she authored two cookbooks. She's also politically more conservative than her co-hosts on The View, which often led to some contentious moments.

Fox News Chairman and CEO Roger Ailes said that Hasselbeck's "warm and engaging personality made her a star" and an "excellent conversationalist." She replaces Gretchen Carlson, who will be given her own daytime show on Fox, Ailes said.

"When Elisabeth survived Survivor, we wanted to make sure she would stay afloat," Walters said. "We have had 10 wonderful years with her and she will now be swimming in new waters. We will miss her and wish her everything good."

No hard feelings

Experience gained. Elisabeth Hasselbeck is leaving The View showing no hard feelings toward her colleagues, even when she's sparred with them politically. She walked onto the ABC stage with show creator Barbara Walters' arm around her waist. Hasselbeck said she felt like she earned a master's in communications and journalism through working with Walters, who is retiring next year.

Rumours that Hasselbeck was leaving first surfaced in March, drawing a heated denial from Walters at the time. She also said it was not true that Hasselbeck's political views made her unpopular in the executive suites at The View. Her views won't be a problem on Fox & Friends, which is popular with a conservative audience. The talk show is the most popular cable news program in the morning.

Hasselbeck's departure is part of a year of turnover at The View. Joy Behar, one of the show's original panelists, is also leaving. Walters, who developed the show, is retiring from television next spring. That leaves Whoopi Goldberg and Sherri Shepherd as the remaining panelists. Jenny McCarthy, the former Playboy playmate who currently hosts a show on VH1, has been mentioned as a possible new panelist.

THE ASSOCIATED PRESS

Are you post menopausal and looking to lose weight?



Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.
Compensation up to \$200.00

Contact KGK Synergize Clinic:

519-858-8359

clinic@kgksynergize.com
www.kgksynergize.com

KGKsynergize



Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the

only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying foul after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting" her \$3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

THE REWARDS
YOU WANT

20x
faster

SATURDAY, JULY 13

20x
THE SHOPPERS
OPTIMUM POINTS®

WHEN YOU SPEND \$50 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*



FREE
feels good™



SHOPPERS
DRUG MART



*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting"



her \$3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

Twitter



@pattonoswalt

Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.



@tyrabanks

So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that



@MorganSpurlock

Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!



Jennifer Lopez

What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what

all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

Here comes the Suno

What a pretty pair.

The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA CHADHA
Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in women's wear. Maybe now they'll allow themselves to take a summer Friday or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?

Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually



Solange Knowles (above) and Hailee Steinfeld (bottom right) in Suno. GETTY IMAGES



spent the night with the Creatures of the Wind going to the after parties.

Who was the first person you called when you won?

Erin: I didn't even have my phone at the awards ceremony. Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest. Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award

will do for the brand?

Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?

Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always

been interested in head-to-toe dressing.

Max: The number one question that we always get asked is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?

Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same



this year.
Erin: I actually rented a place in Germantown, N.Y. so I'm actually in the country.

What's an ideal summer day?

Erin: It's sitting down outside and reading.
Max: Spending time on my boat, fishing.

What are you reading this summer?

Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?

Erin: I'm wearing embroidery all the time right now, cotton embroidery.
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?

Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

Style pick

Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditionaries boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself.

KATHRYN GILBERT



Twitter



JEANNE SPACE
Jeanne Beker
life@metroneWS.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

- @The_Obsessed: share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers

- @Jeanne_Beker : JUST DO IT!!! Xx



Intw'ing my girl Bekky O'Neil @qualityslippers @TarragonTheatre for @EtalkCTV about her play Urge 4 Going #FringeTO

Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes micro waved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

Yummy Curried Potato Burgers



This recipe makes about eight burgers. MIRIAM SORRELL

4. Add the ingredients from the food processor to the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture, peating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any left-overs in a hot oven—they may become mushy in the

microwave.

RECIPES ON THIS PAGE EXCERPTED FROM MOUTHWATERING VEGAN BY MIRIAM SORRELL. COPYRIGHT © 2013 MIRIAM SORRELL. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE CANADA, INC. ALL RIGHTS RESERVED.

Cookbook of the Week

Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler—and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. METRO

Kicking up quinoa

Filling

1. Combine the rice and 5 cups (1.25 L) of the water in a saucepan. Bring to a boil, reduce the heat and simmer until the rice is cooked, 30–40 minutes. Drain, rinse and set aside.

2. Meanwhile, in a separate saucepan, combine the quinoa and remaining 1 1/2 cups (375 ml) of water. Bring to a boil, reduce the heat and simmer until cooked, about 20 minutes. Drain, rinse and set aside.

3. Heat a drizzle of olive oil in

a large nonstick saucepan set over medium heat. Fry the eggplant slices on both sides until golden. Transfer to a paper towel-lined plate to absorb any excess grease, and set aside.

4. In the same saucepan, fry your spices in a little oil for a minute or two, stirring.

5. Add garlic granules and tomato paste, and continue. Spoon in cooked rice and quinoa, and mix well. Continue to cook, stirring, few more minutes.

6. Add the spinach and lemon zest, then lower the heat to minimum and cook for another 5 minutes.

7. Add the chopped olives and salt, mix again for 1 minute and remove from the heat.

Sauce

1. Mix all the sauce ingredients except the sunflower seeds, olive oil and paprika, in a bowl.

2. Pour the mix into a saucepan and heat gently, stirring constantly, until it thickens into a

Ingredients

Filling

- 1 1/2 cups (375 ml) dry short-grain brown rice
- 6 1/2 cups (1.625 l) water
- 1/2 cup (125 ml) quinoa
- olive oil
- 1 medium eggplant, thinly sliced lengthwise
- 1/4 tsp (1 ml) each chili powder, coriander and caraway seeds
- 1/2 tsp (2 ml) garlic granules
- 1 tbsp (15 ml) tomato paste
- 1 lb (500 g) fresh spinach
- zest of 1 lemon
- 12 spicy green olives, pitted

and chopped

- salt to taste
- Sauce**
- 1 cup (250 ml) non-dairy milk
- 1 tbsp (15 ml) cornstarch
- 1 tbsp (15 ml) nutritional yeast
- 1 tbsp (15 ml) grated vegan cheese
- 1/2 tsp (2 ml) garlic granules
- salt to taste
- 1/4 cup (60 ml) sunflower seeds
- paprika, for dusting
- olive oil, for drizzling

rich, white sauce. Remove from the heat and set aside.

To Assemble

1. Preheat the oven to 400 F

(200 C). Lightly grease an 11- x 7-inch (2-L) casserole dish.

2. Place half the eggplant slices at the bottom of the dish. Spoon in the spiced rice and quinoa mixture. Cover with the rest of the eggplant slices.

3. Pour sauce on top, and sprinkle on the sunflower seeds.

4. Dust centre with paprika, and drizzle on the olive oil.

5. Place in the preheated oven for 40 minutes, or until the top is golden.

6. Remove from oven and allow to cool for 15 minutes before cutting into portions.

NEED A RIDE?

Read metrodrive every Wednesday.

CORELICIOUS LONDON

JULY 5-14

3 COURSE PRIX FIXE MENUS FROM YOUR FAVOURITE DOWNTOWN RESTAURANTS

LUNCH STARTING AT \$15
DINNER STARTING AT \$25

\$25

\$30

\$35

SEE ALL PARTICIPATING RESTAURANT MENUS AT CORELICIOUS.CA

WIN

London
LICIOUS
www.londonlicious.ca

To enter and for complete contest rules visit www.clubmetro.com

DINNER FOR ONE
AT A LONDONLICIOUS
PARTICIPATING RESTAURANT
OR
ONE SALON/SPA
PACKAGE
AT A BEAUTYLICIOUS
PARTICIPATING SALON

Beauty
LICIOUS
www.beauty-licious.ca

VISIT
club
metro
.COM
TO ENTER

Cool backyard umbrellas



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.



Retro flair

Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, \$132, potterybarn.com.



Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, \$423, crateandbarrel.com.



On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, \$80, homehardware.ca.



Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, \$80, sears.ca.



Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, \$6,400 (plus base), andrewricharddesigns.com.



Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, \$13, canadiantire.ca.



ACE Security Services Inc.



**Home & Business
Security for Just**

**\$1799
per month!**

Switch to ACE Risk Free (Get 3 Months Free)

- NEW Installations (Get 6 Months Free)**
- 24/7 ULC Listed Monitoring Station**

Did you know... that if you've had your security system for more than 3 years then you're likely to no longer under contract? So why are you still paying \$30.00, \$35.00 or more per month?

Call today and Start Saving!

Why Pay More?

1-877-5000-ACE
www.acesecurityonline.com

Searching for a little sustainability? You'll end up going in circles

Yurts. The durable round houses were traditionally used by nomads in central Asia

Energy-efficient homes have become the norm and in the pursuit of sustainability home owners and designers are returning to a more traditional type — the round home.

But what many residents of circular houses have found is there are also spiritual and emotional benefits to the shape.

Rebecca Christofferson, clinical counsellor and art therapist, lives in Vancouver Island's Cowichan Valley and had intended on building a round cob home on her property. But when she realized there was an existing home on the lot she decided to erect a yurt to serve as a guest bedroom, workshop and spiritual healing space.

"A big part of why I decided to build a yurt was the circular space," said Christofferson. "The imagery of the nomadic was significant as well, and you don't need to have it permitted so there is a real freedom with that."

Yurts are portable homes traditionally used by nomads in Central Asia made of wooden ribs and layers of fabric and sheep's wool felt for insulation and weatherproofing.

"People who have spent time in our yurt have said the world sort of shuts out," said Christofferson. "It just feels like a huge blanket on the space; it is womb-like. The world slows down and it is energetically quieter."



Trevor Husband with his wife, Rebecca Christofferson, and daughter Raven, 5, inside their yurt. CHAD HIPOLITO/THE CANADIAN PRESS



Raven Husband, 5, looks out from her parents' yurt. CHAD HIPOLITO/THE CANADIAN PRESS

While some people have chosen yurts for their temporary qualities, designers like Lars Chose have channelled the spiritual qualities he's identified in round homes into the structures he creates with his company Mandala Custom Homes.

Chose had been designing and building homes for 20 years on the side while working as a psychotherapist, but it

wasn't until 1995 that he built his first round house.

"I saw where the world was going with the environment and the work I was doing with children and families," he said. "It came to me one day that I needed to be part of the change that needed to happen in a much stronger way."

"I had been studying how homes take half our resources to build and half our resources



Rebecca Christofferson and Trevor Husband inside their yurt, a circular portable bent dwelling structure traditionally used in Central Asia by nomads for more than 3,000 years. Built in Mongolia and shipped to the Cowichan Valley area, it's used as a healing centre. CHAD HIPOLITO/THE CANADIAN PRESS

to cool and keep warm, and I decided to start a company and use the round (shape) as a way to express both an environmentally friendly and a healthy home."

As a practising Buddhist, Chose said the shape connected well with the word mandala, which has significance to the religion. According to Chose, mandala means the interconnected whole.

Even though the round spaces created by yurts and designers like Chose create various spiritual connections, other companies like North Carolina's Deltec Homes got into circular construction for more practical reasons.

The Asheville company began in 1968 supplying buildings to the resort industry.

Joseph Schlenk, director of marketing and sales, said their

clients were coming to them wanting a structure that could be durable, energy efficient, easy to build and take advantage of outstanding views.

"The original Deltec structure was an A-frame," said Schlenk. "We learned very quickly that was not energy efficient or durable, and in that same year we developed the polygonal structure, the predecessor to the Deltec structure today."

Deltec — which now ships hundreds of homes throughout Canada, including Baffin Island — has seen a complete shift in their clientele, from 100 per cent in the resort industry to 95 per cent residential.

"We have a long history of success as far as durability," said Schlenk. "We have never lost a home because of high winds. The same qualities that make them resistant to high winds also make them very energy efficient."

"They are aerodynamic. There are not any great significant areas of flat surface where air or wind can build up pressure. It flows around the building so there is very little threat to drafting."

THE CANADIAN PRESS



PUBLIC AUCTION OF (80) VEHICLES

SATURDAY, JULY 13TH AT 12:00 NOON
309 EXETER ROAD, LONDON

PICTURES AND LISTINGS AT www.gardnerauctions.com

'09 Chev. Malibu	'09 Pontiac Torrent	'09 Hyundai Accent
'08 Saturn Vue XR	'08 Dodge Caliber	'08 Dodge Gr. Caravan
'08 Chev. Aveo	'07 Jeep Gr. Cherokee	'07 Ford Explorer
'07 Chev. Uplander	'07 Dodge Caravan Cargo	'06 Dodge Gr. Caravan
'06 Ford Freestyle	'06 Ford Focus	'06 Honda Civic Hybrid
'05 Kia Sedona	'05 Pont. Grand Prix	'05 Dodge Caravan
'05 Chrys. 300	'05 Volvo S40	'05 Ford Freestar
'05 Nissan Altima	'05 Ford Expedition	'03 Ford F150
'02 BMW 330i	'00 Jaguar S-Type	Terry Travel Trailer

Viewing: Friday, July 12th 10-2 & from 9am day of sale!
PH. (519) 685-2929 LONDON FAX (519) 685-9817

**COURTNEY
ROOFING LTD.**

- RESIDENTIAL
- COMMERCIAL
- INDUSTRIAL

**RESIDENTIAL
REROOFING**

ISO
Registered

300 Exeter Rd., London
www.courtneyroofing.com

519-652-6859

Lawrie's spot on Jays being second guessed?

MLB. Move off hot corner could be in works with stellar defender shifting to second base in Triple-A rehab

The Blue Jays are continuing to experiment with playing Brett Lawrie at second base, raising speculation that general manager Alex Anthopoulos is looking to acquire a third baseman in advance of Major League Baseball's non-waiver trade deadline on July 31.

Jays manager John Gibbons said Wednesday that no deal is imminent and he refused to say definitively that Lawrie will be the club's second baseman when he returns from his minor-league rehab assignment, likely after next week's all-star break.

Lawrie, 23, is working his way back to the big leagues after suffering a high ankle sprain on May 28. Playing second for the Triple-A Buffalo Bisons on Tuesday, he went 2-for-4 with a home run.

He was at second base again Wednesday.

"He's a really good third baseman, (but) he could add a ton of range up there at second base," Gibbons said of Lawrie before Wednesday night's game in Cleveland. "You look at the range factor and things like that; it might be a nice combo with him and Jose (Reyes) up the middle for a few years."

While it may be tantalizing to consider a Lawrie-Reyes double-play combo, it's difficult to take Gibbons at face



Langley, B.C.'s Brett Lawrie is one of the better third basemen in the majors, but the Jays appear to be toying with the idea of moving him to second base after his return from injury. PATRICK SMITH/GETTY IMAGES

Another chance at second base

This isn't the first time the Jays have experimented with moving Brett Lawrie to second base, a persistent weak spot for the club.

- Back in April, while he was rehabbing a strained oblique suffered in spring

value when he suggests the club might be better off with Lawrie up the middle.

Lawrie, who is among the best defensive third basemen

training, Lawrie played two games at second for the Class-A Dunedin Blue Jays as the big-league Jays toyed with the idea of playing Jose Bautista at third, while moving Maicer Izturis to shortstop, when Jose Reyes sprained his ankle.

in the majors, began his minor-league career at second but has never played a big-league inning there. Maicer Izturis and Mark DeRosa, meanwhile,

are strongest at second.

The only logical reason for moving Lawrie to the other side of the infield would be either to make room for another third baseman via trade, or to make the hobbled Melky Cabrera the designated hitter and have Edwin Encarnacion play third, ensuring the bats of Cabrera, Encarnacion and Adam Lind stay in the lineup without having the defensively liable Cabrera in left field. TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Wednesday night's game in Cleveland.



Four Nations basketball

London's Ayim fills stat sheet in win over Brazil

The Canadian women's basketball team defeated Brazil 60-54 Wednesday to open the second leg of the Four Nations women's basketball tournament in Nanjing, China.

London's Miranda Ayim contributed 12 points, four rebounds, two assists, three steals and five blocks.

Kim Smith of Mission, B.C., finished with 14 points to lead Canada.

Brazil erased a halftime deficit and took a lead into the fourth quarter. But Canada scored 22 points in the fourth to come back for the win.

"That was definitely a team win," Ayim said. "Our defence came through and won us that game. Even when we weren't hitting our shots, we still got stops."

"We were taking it hard to the basket tonight and getting to the free-throw line. We're very happy with the way we played together as a team."

Canada plays China on Thursday before completing the eight-day, six-game tournament Friday against Puerto Rico.

THE CANADIAN PRESS



London's Miranda Ayim
GETTY IMAGES FILE

MLB. Public could be left in dark in Biogenesis probe

We may never know exactly what Alex Rodriguez and Ryan Braun are being accused of in MLB's Biogenesis investigation — if they beat the rap.

That's because details likely will be caught in a tangle of legal gymnastics involving MLB, the players' union and probably an arbitrator, who could rule no discipline is warranted.

Among the early legal issues: Does the commissioner's office have the right to announce any suspensions before grievances

are decided by an arbitrator? Can a player not previously disciplined under the drug agreement be suspended for more than 50 games because of multiple violations?

Three people familiar with the investigation said if management and the union can't agree on the process, arbitrator Fredric Horowitz likely would be asked to decide. The people spoke on condition of anonymity because no public statements were authorized.

THE ASSOCIATED PRESS

Heritage Classic

Canucks to host Senators at BC Place Stadium

Vancouver will become the third Canadian city to host a regular-season NHL game outdoors when the Canucks welcome the Ottawa Senators to BC Place next season in the 2014 Heritage Classic.

The 2014 game in Vancouver will take place March 2 and will be the first played in a retractable-roof facility.

THE CANADIAN PRESS

Yellow vélo. Fan doused me with urine, Cavendish says

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier. THE ASSOCIATED PRESS



Mark Cavendish GETTY IMAGES



CHOOSE HOW ADVENTUROUS YOU WANT TO BE



Daily Keno is the lottery that lets you decide how to play. It's your chance to bet a little or a lot.

Plus there are 2 daily draws.

How to play Daily Keno:

- ① Decide how many numbers you'll play
- ② Choose your numbers
- ③ Pick your bet, and how much you could win



Try the online demo at OLG.ca/DailyKeno
Play in-store today.